

THE KEY TO CORRECT BREATHING.

“ And enterprises of great pith and moment.
With this regard, their currents turn awry
and lose the name of action ”

— (Shakespeare).

When God created man, He has set up a mechanism or apparatus within him, which if rightly and scientifically handled will make man immune to disease, prevent economic failure and ward off sorrow and agony of defeat and frustration. If we cannot find out and make use of this mechanism within us, we shall be complete wrecks in our lives in every respect, whether in physical well-being or economic advantage. Disappointment and defeat lead to disease and despondency. The knowledge and application of this secret science of Breathing is an insurance against failure, disappointment, disease and misery and a guarantee of success and happiness. Its application gives practical and tangible results. You will be astonished at the inexorable precision, surety and inevitability of the results. I shall only deal with this science as it applies to every day life from an intensely utilitarian point of view.

Respiration or Swasa :

To have complete knowledge of Swara Sastra, we should be well versed in the laws of Respiration. “ Kaya nagara madhythu Marutha Kshithi Palakaha ” In the City of our Body there is the King Air. His Majesty The Air is the King Emperor of our Body. Ever since the child comes out of the womb till the man dies, respiration goes on incessantly knowingly or unknowingly. Breathing in air is called Inspiration (Inhalation) and breathing out of air is called expiration (Exhalation). Both inspiration and expiration constitute respiration. Inspiration is Niswasa and expiration is Praswasa.